DEPARTMENT OF SOCIAL WORK

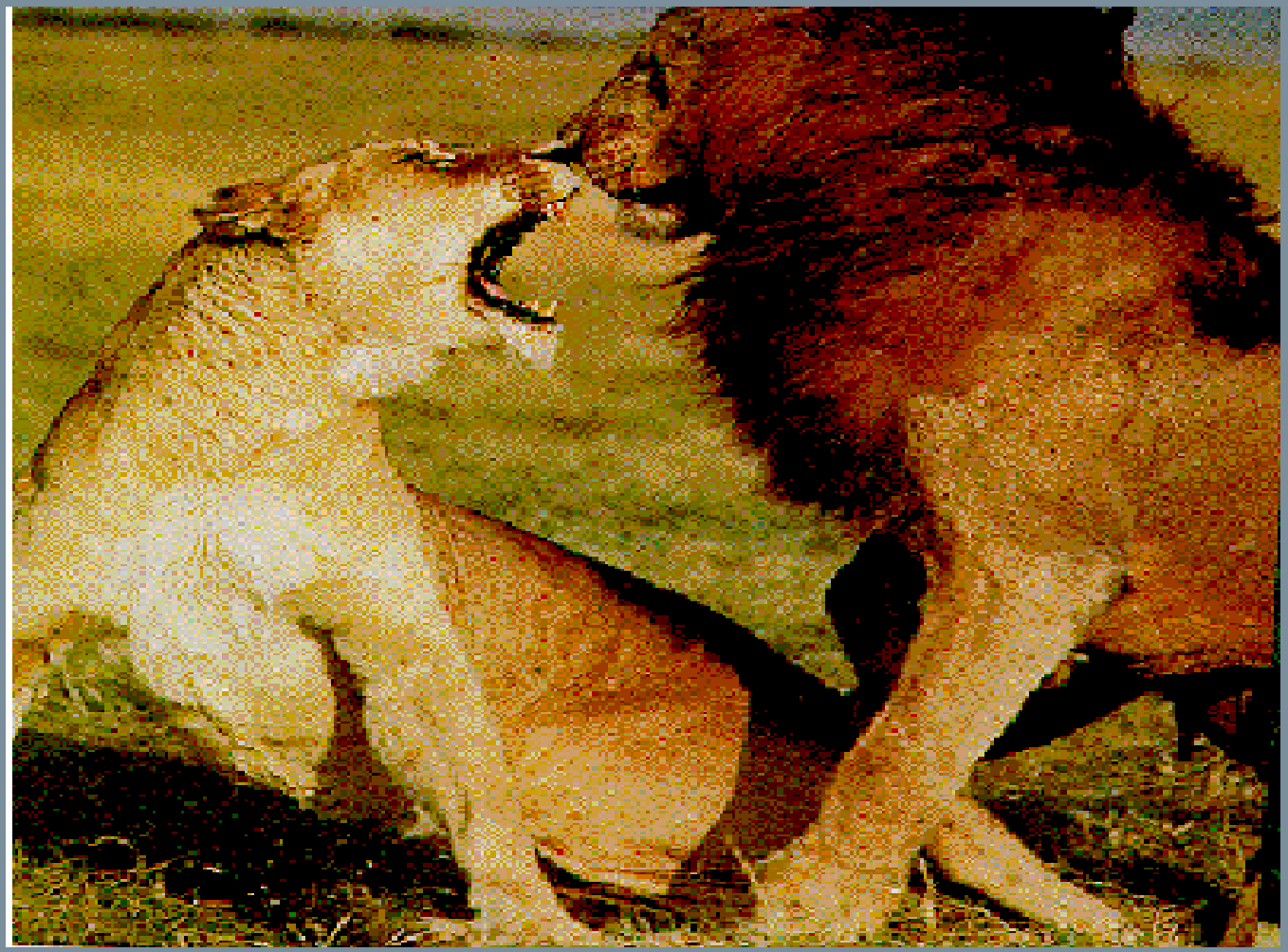
Womack Army Medical Center

Department of Social Work

Deployment Cycle Support

Care Manager Program

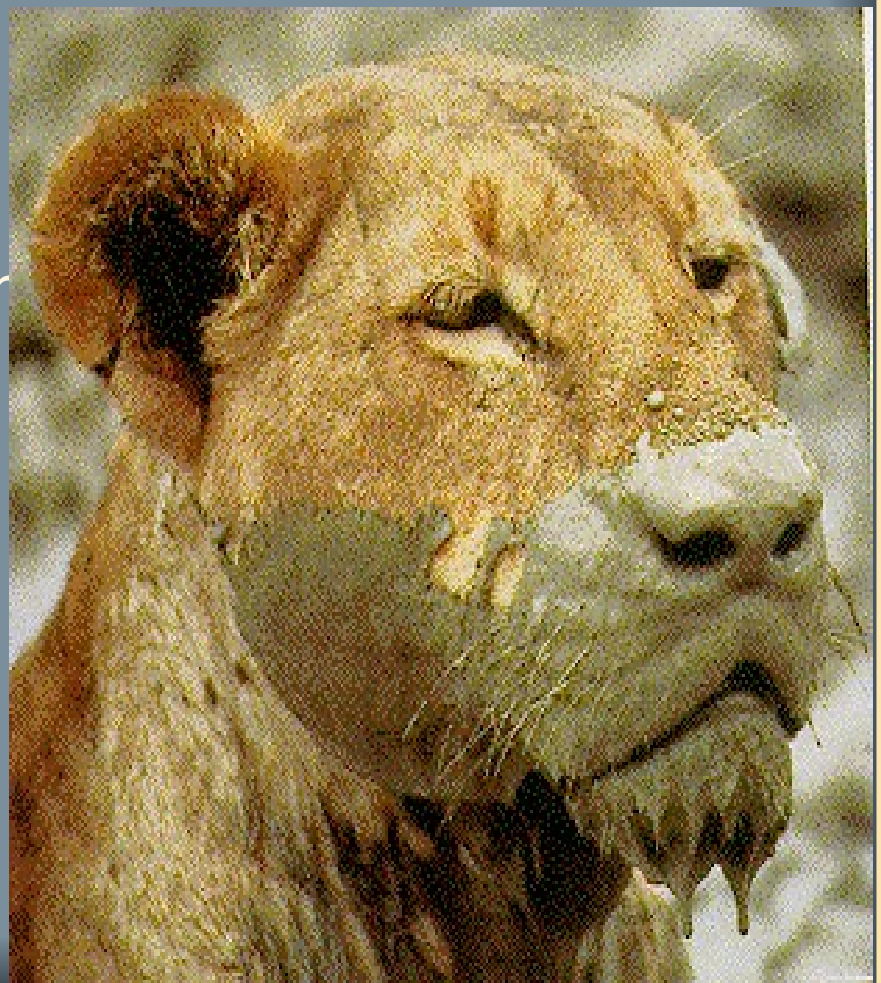
Reestablishing roles may be difficult.



Your Spouse may not discipline the same way you would.

Personal habits may need to be adjusted!

Language
Smoking/alcohol
Boundaries
Attitudes toward other
Money issues



COMBAT STRESS REACTIONS

- Recognize that EVERYONE has a certain level of reaction to the stress of deployment and homecoming.

- Be aware of symptoms and reactions in yourself and others.

- Stress reactions during readjustment are normal. (ex. 4th of July fireworks)

- Take direct action to cope with unwanted behaviors and responses

Symptoms of Stress

- Irritability
- Difficulty Concentrating
- Insomnia or Excessive Sleeping
- Hyperactivity
- Tearfulness
- Dizziness and/or fatigue
- Frequent need to urinate
- Diarrhea and/or indigestion
- Headaches
- Change in Appetite
- Increased use of alcohol, cigarettes, prescription medications or drug use
- Nightmares
- Panic Attacks and/or Floating Anxiety
- Muscle/Body Aches
- Accident Proneness
- Easily Startled
- Hyperactivity
- Forgetfulness
- Depressed Mood

WHEN TO SEEK HELP

- When your problems are hurting your relationships with your loved ones.
- When your problems are hurting you at your job.
- When you know that you don’t like the way you are feeling.
- When someone you trust tells you that you could use some help – even if you don’t think there is a problem.
- If you find yourself using alcohol, pain killers or tobacco in excess (or illegal drugs).

Suicidality

- **Anytime** someone mentions thoughts of suicide, take them seriously.
- **Insist** they talk with a professional:

  * Care Manager *Chaplain * PCM

  *Womack ER * Social Work

  * Behavioral Health
- Accompany them to their appointment
- Make time to talk with them.

REASONS SOLDIERS DON'T SEEK HELP

- Didn't know where to get help 22%
- Didn't have adequate transportation 18%
- Too embarrassing 41%
- **Would harm my career 50%**
- **Other unit members would have less confidence in me 59%**
- **Unit leaders would treat me differently 63%**
- **Leaders would blame me for the problems 51%**
- **I would be seen as weak 65%**
- Doesn't trust mental health professionals 38%
- Mental health care doesn't work 25%

Care Manager Program

- No referral necessary
- Assess difficulties and mental status
- Assist with referrals to other professionals as appropriate
- Provide ongoing supportive interventions as needed
- Services accessible at any time during deployment cycle
- Available to Soldiers and family members
- ***Confidentiality***

Care Manager Contacts

- Joel Clinic 907-9077
- Clark Clinic 907-9649
- Robinson Clinic 907-9348
- Womack Family Practice 907-8208
- Medical Holdover 907-7713
- Department of Social Work 907-7869

Discussion

Questions??

- THANK YOU